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The Guide to a Better Stride

Running with a Forefoot Strike

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Do you run? Do your heels hit the ground first? Well, it's time to try out—and convert to—hitting the ground with the ball of your foot, better known as the forefoot strike!

The technique of running with a forefoot strike—also known as minimalist or natural—isn't just about forefoot kick-back. The actual position of the strike, the roll-back, the quality of cushioning, and your stride rate are all factors you need to understand and master. This guide gives you everything you need to test out, develop, and adopt this new technique for greater efficiency and comfort in running and related sports.

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